

NATIONAL CHILD DAY 2018, ALBERTA

It's Our Right to Identity



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Introduction
It's Our Right to Identity

Purpose

This toolkit was created to help people and communities participate in celebrating National Child Day on November 20th, 2018. The toolkit provides practical resources and activities to promote the right to identity in a variety of settings with different age groups to celebrate National Child Day.

Audience

This toolkit is intended for families, communities, organizations, schools, early learning and childcare programs.

How to use the toolkit

1. Find the section of the toolkit that applies to your work in community/or home life.

2. Try some of the suggested activities and resources with children within your community/family during the week of National Child Day (November 20th, 2018).

3. Let us know how your family, organization or school celebrated National Child Day by completing the quick and easy online form on **the National Child Day website** (www.nationalchildday.ca).

4. Continue to celebrate the right to identity!



The United Nations' Convention & the Right to Identity

Identity is a legal concept within the United Nations Convention on the Rights of the Child (UNCRC). It is every childs' entitlement from birth. A child's personal, social, and cultural identity grows and changes over time. It is the foundation for their physical and mental health and emotional security. There are 7 important articles in the UNCRC that support the right to identity. They are highlighted below in child friendly language.

You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

You have the right to an identity – an official record of who you are. No one should take this away from you.

You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

You have the right to practice your own culture, language and religion - or any you choose. Minority and Indigenous groups need special protection of this right.

Resources

The UNCRC is available in child friendly language at:
https://www.unicef.org/crc/files/Rights_overview.pdf

For the UN Convention please reference:
https://www.unicef.org/crc/files/Rights_overview.pdf

Children's Rights to Identity

This year the National Child Day toolkit focuses on the Right to Identity.

"Children's identities are shaped throughout their lifelong negotiations within personal, social and cultural landscapes."
From Flight: Alberta's Early Learning and Care Framework

When children have positive experiences of relationship and place they can builds a strong sense of security and identity which shapes how they view themselves and others. They can create a positive image of themselves and feel comfortable in the here and now of their lives (VCAA, 2011).

Why is the right to identity important?

Identity is unique to each individual. Young children's identities maybe multiple and complex. Identity is essential to a sense of belonging, and to feeling included, accepted and secure in the everyday environments children spend time in. Who am I? Where do I fit in? How do others see me and relate to me? These are questions at the core of identity formation. The notion of self is crucial to children's wellbeing. Young children construct their identities through relationships with others and in the context of their environment, values and their own unique development. Raburu (2015) notes that numerous factors like age, gender, religious and ethnic background, children's interests, hobbies and talents, and role models influence a child's emerging concept of self. Friendships, peers and play are critically important in the formation of identities among children.



How Can You Support a Child's Right to Identity?

Children and youth often do not have the opportunity to express themselves and their identity. It is up to the adult's in their lives to provide an environment where we all can be ourselves, experience a sense of belonging and feel safe, cared for and respected. Learning to treat each other fairly and kindly and to respect diversity and difference helps nurture a positive sense of self.

Children and youth develop a strong sense of who they are in relation to others when they are encouraged to:

- Grow in their capacity to express their feelings, concerns and needs
- Pursue their passions, interests and strengths
- Be curious, questioning and take initiative
- Support, encourage and listen to others
- Learn constructive ways to negotiate a range of relationships

You can support children and youth's right to identity by creating an environment where they experience trust and compassion from other children, youth and adults and where:

- Healthy and respectful relationships are fostered
- Positive mental health is promoted
- Values, rights and responsibilities are respected
- Diversity is celebrated and understood as a strength
- Child guidance strategies consider the children and youth's age, maturity and individual circumstances and appropriate support is provided

Adapted from *Flight: Alberta's Early Learning and Care Framework and Alberta Education (2017). Welcoming, caring, respectful & safe schools.*



Get Involved

November 20, 2018

All Children Have the Right to Identity!

There are many ways to be part of National Child Day. You can create your own celebration to best suit your family, community or organization. No effort is too small or too large!

The activities you choose are up to you.

Here are just a few ideas:

- Ask children how they would like to celebrate National Child Day!
- Host an event to celebrate children's rights such as a Play Day or resource fair.
- Think about childhood: What creates safe and caring environments?
- Give children a chance to express their thoughts on emotional health, belonging and identity through paint, play, poetry, dance, song...
- Plan activities related to the right to identity for your family, class or program.
- Read a recommended book about identity with a child.
- Tell a friend, neighbour or colleague about National Child Day.
- Add information about National Child Day to your website.
- Check out the ***National Child Day Children's Rights Activity Guide***
- Participate in the Blue Ribbon Campaign by making your own ribbons and sharing them with others. Wearing a blue ribbon shows that you support Canada's children having prime consideration in all economic, social and political decisions, policies, programs and expenditures. Or just wear blue!

How will you celebrate National Child Day?

Please share your celebration photos, stories and videos on Twitter:

Follow @NatlChildDay #NationalChildDay

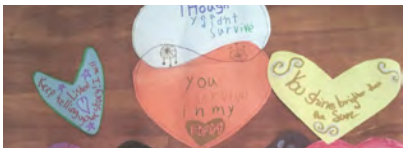
Website: www.nationalchildday.ca

Resources for Home & Family

Early Childcare and Schools

Play, Participation, and Possibilities

Play, Participation, and Possibilities: An Early Learning and Child Care Curriculum Framework for Alberta
www.childcareframework.com



Reconciliation in Schools
https://www.jhcentre.org/reconciliation-in-schools/

KidsHealth in the Classroom

Kindergarten to Grade 2: Kids Health Curriculum K-2 Activities (self-esteem)
https://classroom.kidshealth.org/prekto2/personal/growing/self_esteem.pdf

Grades 3-5
http://classroom.kidshealth.org/3to5/personal/growing/self_esteem.pdf

Grades 6-8
https://classroom.kidshealth.org/6to8/personal/growing/selfesteem.pdf



A Toolkit for Early Childhood Educators on Cultural Diversity and Responding to Predijuice
https://www.humanrights.gov.au/building-belonging-toolkit-early-childhood-educators-cultural-diversity-and-responding-prejudice

Resources for Home & Family

THE RAINBOW PAGES

The Family Centre- Rainbow Pages
https://www.the-family-centre.com/tinymceuploads/source/The_Rainbow_Pages_Edition_4.%5B1%5D.pdf

unicef

Right to Identity, Cartoons for Child Rights UNICEF
https://www.youtube.com/watch?v=ldd4q_y1_6E

PREVNet

Bullying: What We Know & What We Can Do
https://www.prevnet.ca/bullying

Self Help Skills and Chores Build Children's Identity & Confidence
http://www.easternflorida.edu/community-resources/child-development-centers/parent-resource-library/documents/self-help-skills-chores.pdf

washburn center for children

Helping Children Find Their Identity
https://washburn.org/resources/for-families/resources/helping-children-find-identity/

Resources

Organizations

Amnesty International Canada
https://www.amnesty.ca/

One Youth Canada
https://www.unicef.ca/one-youth/kids-of-canada



John Humphrey Centre Peace and Human Rights
https://www.jhcentre.org/about-us

200 Million Invisible Children/UNICEF
https://www.youtube.com/watch?v=rQsx5LRIXN8

About Children's Rights



Play it Fair: Human Rights Education Toolkit for Children
http://bit.ly/2tlwydA



The Super Six- Comic book
http://bit.ly/2stZKfB

I Have A Right To Be a Child
https://www.unicef.org/eu/crtoolkit/downloads/Child-Rights-Toolkit-Web-Links.pdf

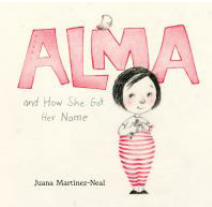


Let's Make it Right: A Book that Explores the Rights of Children Around the World
Anne Huestis Scott, Tantallon, Nova Scotia : Glen Margaret Publishing, 2016



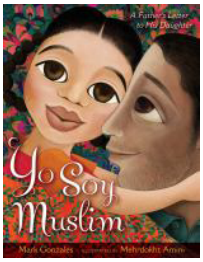
The Universial Declaration of Human Rights : An Adaption of Children
Ruth Rocha

Recommended Books



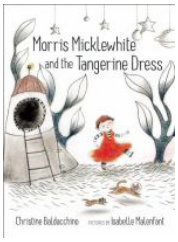
Alma and How She Got Her Name

Martinez-Neal, Juana: Somerville, Massachusetts : Candlewick Press, 2018.



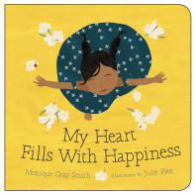
Yo Soy Muslim : Yo Soy Muslim

Gonzales, Mark. New York ; Toronto : Salaam Reads, [2017]



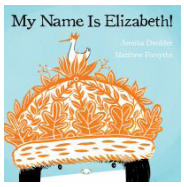
Morris Micklewhite and the Tangerine Dress

Baldacchino, Christine, 1977- Toronto : Groundwood Books/ House of Anansi Press, 2014.



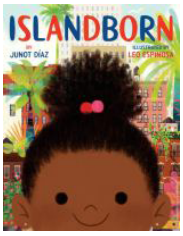
My Heart Fills With Happiness

Gray Smith, Monique. [Victoria, British Columbia] : Orca Book Publishers, [2016]



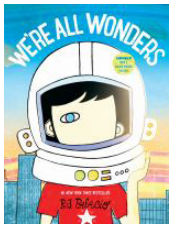
My Name Is Elizabeth!

Dunklee, Annika. Toronto : Kids Can Press, [2011]



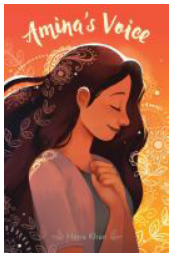
Islandborn

Díaz, Junot. New York, NY : Dial Books for Young Readers, [2018]



We're All Wonders

Palacio, R. J. New York : Alfred A. Knopf, [2017]



Amina's Voice

Khan, Hena. New York : Salaam Reads, [2017]



Mae Among the Stars

Ahmed, Roda. New York, NY : Harper, [2018]



Stef Soto, Taco Queen

Torres, Jennifer. New York : Little, Brown and Company, 2017.

Acknowledgements

- Alberta Recreation & Parks Association
- ARCQE (Alberta Resource Centre for Quality Enhancement)
- Big Brothers Big Sisters
- Bissell Centre
- Camp fYrefly
- City of Edmonton, Child Friendly Edmonton
- Edmonton Catholic School District
- Edmonton Early Years Coalition
- Edmonton Public Library
- Edmonton Public Schools
- Grant MacEwan University
- Inclusion Edmonton
- KARA Family Resource Centre
- Office of the Child and Youth Advocate
- YMCA of Northern Alberta

